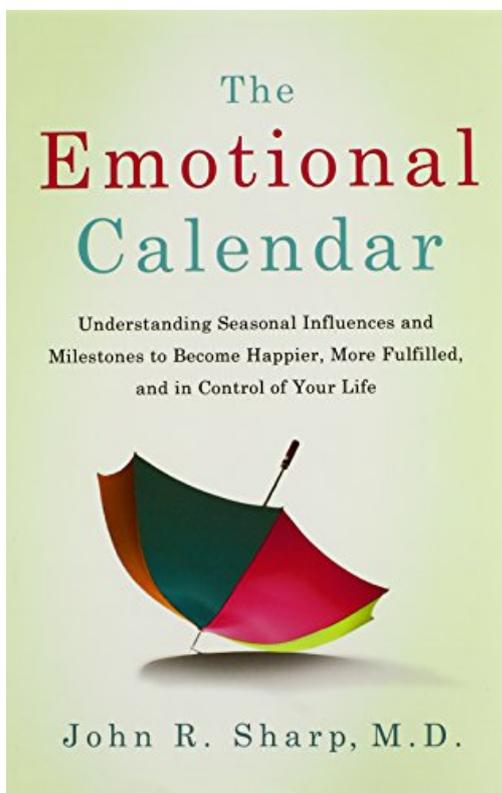


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The  
**Emotional**  
Calendar

Understanding Seasonal Influences and  
Milestones to Become Happier, More Fulfilled,  
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John R. Sharp, M.D.

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From Publishers Weekly

Psychiatrist Sharp, professor at Harvard and UCLA medical school, combines insights from clinical and social psychology, neuroscience, anthropology, and medicine to explore how seasonal factors affect our psychological lives. He successfully describes such phenomena as seasonable adjustment disorder and offers many intriguing facts--for example, he notes that summer is the season when people feel most free, yet also the time of the most suicides. Unfortunately, Sharp attempts to cover too many topics, which often leads to meandering digressions--as in a section on "seasonal creep" in sports. Other times he states the obvious: regarding Valentine's Day, he writes, "for those in relationships, it can be a time of heightened expectations... while people without significant others face feelings of loneliness." Sharp also skimps on describing coping strategies, often offering little more than a paragraph on each of his recommendations. Sharp's book concludes with sections on medications and natural remedies for anxiety and depression, and a cheery chapter on "seasonal embrace." Readers may glean something helpful from the scientific and anecdotal material, but too much of this book is psych lite. (Jan.)

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From Booklist

For years, doctors have treated patients for seasonal affective disorder (SAD)—depression that occurs at the same time each year but usually in the sun-deprived fall and winter, and that affects four to ten percent of Americans. In this conversational, case-study-filled guide, Sharp, a medical doctor, elaborates on how time of year, weather, holidays, and even sports seasons influence mood. The book is surprisingly easy to read, given that it is heavy on obvious information and light on hard-core medicine, a surprise since Sharp is a neuropsychiatrist at Harvard and UCLA. Sharp credits his “team of researchers and editors,” whom one suspects played a very big role in this title. Readers who dislike anonymous sources will be displeased. As Sharp notes, he and his team change the names and identifying details about the patients and “most of the other interviewees.” Still, this book would be a helpful resource for people who want to know more about why the calendar affects mood. --Karen Springen

Review

"Dr. Sharp shows us how the calendar shapes our inner lives—not only the mood swings that come with changing seasons but also those that come from memories tied to specific holidays and past events. Understanding your own emotional calendar is a giant step toward understanding yourself, and recognizing how emotional calendars affect others is a giant step toward improved human interactions and relationships. Thank you, Dr. Sharp, for a book that should be read by everyone who has felt the bite of winter, the glare of summer, or the sadness of autumn's shortening days."—Bill Streever, author of *Cold: Adventures in the World's Frozen Places*

"John Sharp has written a relatable, warm and thoughtful guide to the science of the seasons, one that offers readers the opportunity to make better sense of recurring emotional hallmarks in their lives. Counterintuitive yet surprisingly grounded in common sense, this book is a must read for anyone who feels at the mercy of the calendar when it comes to their moods. "—Carol Bernstein, President, American Psychiatric Association

"With *The Emotional Calendar*, Dr. John Sharp inspires a deeper appreciation for the seasons that make up the year, and for the emotions that they may bring. The book takes readers on an enjoyable and educational journey, and leaves them wiser and better prepared for the challenges of life on our spinning planet."—Peter C. Whybrow, M.D., Director, Semel Institute at UCLA and author of *A Mood Apart*

"Dr. Sharp provides intriguing insights into the four seasons and how they affect us. Through his compelling and engaging stories of real people, we see how the time of year can make us feel happy or sad, fulfilled or despondent. Sharp also suggests strategies that can help people tackle the dark and turbulent times. This book is sure to be of immense benefit to anyone who wants to understand the ebb and flow of their own emotional calendar and take control of their response."—Sanjiv Chopra, M.D., MACP, Professor of Medicine and Faculty Dean for Continuing Education, Harvard Medical School, and coauthor of *Dr. Chopra Says*

"In simple, concise language, [Sharp] examines how seasonal changes, along with environmental factors--light and dark, hot and cold, wind and storms--can impact moods and behavior. . .Sharp's great strength is his genuine concern with moving beyond definitions and fostering awareness in readers about their own emotional calendars . . .offers an interesting and original way to think about the underpinnings of psychological health. Perceptive and useful."--Kirkus

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